PHYSICAL EXERCISE AND HEALTHY PHYSICAL FITNESS

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ABSTRACT
The main purpose of the study was to access benefits of physical of cardiovascular diseases, reduces risk of type 2 diabetes reduces and muscles. Health related physical fitness involves exercise activities that our physical health and stay healthy particularly in the categories of Cardiovascular Endurance, Muscular Strength, Flexibility, Muscular Strength and Body Composition.

Keywords: Muscular Strength (MS), Muscular Endurance(ME),Cardiovascular Endurance(CE), Flexibility, Body Composition(BC)

INTRODUCTION
Physical exercise is any bodily activity that enhances or maintains physical fitness and overall health and wellness. It is performed for various reasons including strengthening muscles and the cardiovascular system, honing athletic skills, weight loss or maintenance, as well as for the purpose of enjoyment. Frequent and regular physical exercise boosts the immune system, and helps prevent the "diseases of ambience" such as heart disease, cardiovascular disease, Type 2 diabetes and obesity. It also improves mental health, helps prevent depression, helps to promote or maintain positive self-esteem, and can even augment an individual's sex appeal or body image, which is also found to be linked with higher levels of self-esteem. Childhood obesity is a growing global concern and physical exercise may help decrease some of the effects of childhood and adult obesity. Health care providers often call exercise the "miracle" or "wonder" drug alluding to the wide variety of proven benefits that it provides.

HEALTH RELATED FITNESS
“Health” describes a condition of physical and mental well-being; freedom from disease, pain or defect. Health is a condition of soundness or vitality. "Fitness" describes a condition where someone or something can perform certain jobs well. We're talking about physical fitness here, which describes how well your body can perform a task - anything from tying your shoes to being able to climb Mt. Everest. There are different levels of physical fitness just as there are different levels of health. A common perception of "fitness" brings to mind a picture of a body builder or a professional athlete. While those guys are definitely at a level of fitness needed to perform those specific activities or sports, we can all experience health related fitness no matter what our physical condition is right now. It simply means how much physical activity can you do without busting a gut. Any level of fitness is related to your level Of health. Fitness and health go together, they’re not separate nor can you truly have one without the other. Being fit means being healthy. If someone isn't very fit, you can be sure that he isn't completely healthy and full of vitality either.

The five Components of Health Related Physical Fitness

⇒ Muscular Strength
⇒ Muscular Endurance
⇒ Cardiovascular Endurance
⇒ Flexibility
⇒ Body Composition

Muscular Strength: Muscular strength is ability of a muscle to exert a maximal force through a given range of motion or at a single given point. Muscular Endurance: Muscular Endurance refers to the capacity of a muscle to exert a sub maximal force through a given range of motion or at a single point over a given time.

Cardiovascular Endurance: Cardiovascular Endurance is the ability to continue training the cardiovascular system for a period longer than twenty minutes (on average).

Flexibility: Flexibility is the ability of a joint to move through a full range of motion.

Body Composition: Body Composition is the ratio of lean body mass to fat body mass.

HEALTH BENEFITS
Physical exercise is important for maintaining physical fitness and can contribute positively to maintaining a healthy weight, building and maintaining healthy bone density, muscle strength, and joint mobility, promoting physiological well-being, reducing surgical risks, and strengthening the immune system. Exercise reduces levels of cortical, which causes many health problems, both physical and mental. Frequent and regular aerobic exercise has been shown to help prevent or treat serious and life-threatening chronic conditions such as pressure, obesity, heart disease, Type 2 diabetes, insomnia, and depression. Endurance exercise before meals lowers blood glucose more than the same exercise after meals. According to the World Health Organization, lack of physical activity contributes to approximately 17% of heart disease and diabetes, 12% of falls in the elderly, and 10% of breast cancer and colon cancer. There is evidence that vigorous exercise (90—95% of V02 Max) induces a greater
degree of physiological cardiac hypertrophy than moderate exercise (40 to 70% of V02 Max), but it is unknown whether this has any effects on overall morbidity and/or mortality.

REFERENCES